

Symptom Monitoring Tool: Student

Name: _____ Grade: _____ Today's Date/Time _____

The Post-concussion Symptom Monitoring Tool is designed to rate the severity of 22 common post-concussion symptoms. This tool is recommended to be used twice weekly in the first two weeks upon school reentry and weekly after that. The school nurse should consider assessing the student using this tool at different times of the day to better understand the student's fatigue levels throughout the day. Often symptoms are worse later in the day. A completed version of this tool can be faxed to the student's physician or health care provider to facilitate communication.

Directions: Using the 0-6 rate scale provided, please rate the symptoms below that you have had today or over the past few days.



SYMPTOMS	RATING	SYMPTOMS	RATING
HEADACHE		DIFFICULTY REMEMBERING	
"PRESSURE IN HEAD"		FATIGUE OR LOW ENERGY	
NECK PAIN		CONFUSION	
NAUSEA OR VOMITING		DROWSINESS	
DIZZINESS		TROUBLE FALLING ASLEEP	
BLURRED VISION		MORE EMOTIONAL	
BALANCE PROBLEMS		IRRITABILITY	
SENSITIVITY TO LIGHT		SADNESS	
SENSITIVITY TO NOISE		NERVOUS OR ANXIOUS	
FEELING SLOWED DOWN			
FEELING LIKE "IN A FOG"			
"DON'T FEEL RIGHT"			
DIFFICULTY CONCENTRATING			